

BIKE BINGO



<p>I visited a Little Free or Public Library by bike</p>	<p>I smiled or waved at another rider or walker today</p>	<p>I visited a local store or business by bike</p>	<p>Leveled-up my Knowledge! Watched the Cascade video on "How to clean your bike chain"</p>	<p>Had an ADVENTURE on my bike!</p> 
<p>Mapped a safe route to my school or bus stop</p> 	<p>Did a "tie & tuck" before my ride (Tied and moved my shoelaces out of the way. Rolled my pant legs up.)</p>	<p>Took my bike up a BIG O' HILL!</p> 	<p>I visited a park or greenspace by bike</p>	<p>Checked my tire pressure and added air (if needed)</p>
<p>Did an "A-B-C Quick Check" on my bike!</p>	<p>Leveled-up my Knowledge! Researched a cycling role model like "Marshall Walter 'Major' Taylor"</p>	<p>Ensured my helmet is fit correctly (2-2-2 Check)</p>	<p>Biked 20min</p>	<p>I used hand-signals to communicate with other road users on my ride</p>
<p>I visited a P-Patch or Rainwise Garden by bike</p>	<p>Biked a new route</p>	<p>Added a piece of safety snazz to myself or my bike (ex: reflector tape, bell, or lights)</p> 	<p>Leveled-up my Knowledge! Watched Bike Works' "Fix-a-Flat Demo (fast edition)"</p>	<p>Reduced my carbon footprint by riding my bike today</p>
<p>I used a special "bike facility" on today's ride (ex: sharrow, bike box, or green painted bike lane)</p>	<p>I encouraged a friend or family member to try riding their bike</p>	<p>Leveled-up my Knowledge! Watched an educational video by The League of American Bicyclists</p>	<p>Wrote a haiku about bike riding (Bonus: sent Cascade a copy!)</p>	<p>Played a bike game or tried a new skill on my bike</p>

BIKE AROUND SCHOOL

BIKE BINGO

You and your family are invited to participate in our virtual Bike Around School Month by playing BIKE BINGO! This bingo card has a collection of activities to get you moving, safely engaged in the community, learning and growing. *Please be sure to check in with a parent or guardian before participating.*

Get a Bingo - Win a Prize!

You can get a Bike Bingo by completing five squares in a row, column, or diagonal line. Try to complete as many as you can! A completed bingo line or full card will enter you into a raffle for a small prize package. *Limit one entry per person.* All ages welcome to play.

Send a photo of your completed bingo card to bts@cascade.org to be entered into the raffle to win!

Cards must be received by June 30th, 2020 to qualify.

Square Themes
(fill in your own colors)

- "Free" space - Helmet check
- Expand your knowledge
- Beyond the bike
- Safety & Maintenance
- Community-centered
- Wheelie fun riding!



GETTING STARTED:

1. Watch Cascade's 'Bike Helmet Fit Test' on Instagram TV: [instagram.com/tv/B7E2sLrggbc/](https://www.instagram.com/tv/B7E2sLrggbc/)
2. Ensure your helmet is fit correctly
3. When you're ready to ride, complete an ABC Quick Check on your bike. Unsure what that is? Watch the tutorial by the League of American Bicyclists: [bikeleague.org/content/basic-bike-check](https://www.bikeleague.org/content/basic-bike-check)



Learn more about Bike to School at cascade.org/bts
Learn more about Bike Everywhere Month at cascade.org/bikemonth

RESOURCES for the win:

- Cascade's Instagram TV Videos
[instagram.com/cascadebicycle/channel](https://www.instagram.com/cascadebicycle/channel)
- Cascade's COVID19 Resource Page
Information for new riders plus more
cascade.org/explore/covid-19-resources
- Bike Works' Virtual Community Resources
[bikeworks.org/programs/virtual-community-resources/](https://www.bikeworks.org/programs/virtual-community-resources/)
- The League of American Bicyclists
[bikeleague.org/ridesmartvideos](https://www.bikeleague.org/ridesmartvideos)
- The City of Lynnwood & Bike2Health
Play their bingo and learn more!
lynnwood.wa.gov/Bike2Health

